

PULLMAN FIRE DEPARTMENT
Physical Strength/Agility Examination
For Firefighter Applicants
(10-95)

1. **Ventilating Fan Lift**

A ventilating fan weighing approximately 50 pounds is placed on the floor beneath a stationary overhead bracket located 78 inches above the floor. The candidate must stand erect facing the fan with arms at sides. When told to begin, the candidate must bend over, grasp one of the attached wire cables in each hand just below the hooks, lift the fan and place the hooks over the sides before reaching up, grasping the cable just below the hooks and unhook the fan and lower it to the floor. The time will stop when the candidate is standing erect in front of the fan, arms at sides.

30 second limit, pass/fail.

2. **Ladder lift and Carry**

The candidate shall lift a 24-foot extension ladder from the ground and carry it a distance of 90 feet and then place it back on the ground.

3. **Balance Beam Walk**

Carry a 50 foot roll of 2 ½" hose weighing approximately 50 pounds. The candidate shall then walk the length of a 4" wide beam, turn in the opposite direction and return to the starting point, all the while remaining on the beam.

4. **Hose Hoist**

The candidate shall utilize a rope to hoist from a fourth story window a 50' rolled section of a 2 ½" hose up to the level of the sill and then lower it back to the ground. At no time while lowering the weight shall the rope be allowed to slip through the candidate's hands.

60 second limit, individual times are scored and ranked.

5. **Stairway Advance**

The candidate shall carry a folded and tied section of a 2 ½" hose up and down a flight of steps four times while wearing a self-contained breathing apparatus backpack and cylinder (without a mask) which weighs approximately 30 pounds. The skipping of steps will not be allowed throughout the test.

50 second limit, pass/fail

6. **Aerial Ladder Climb**

The candidate must climb an aerial ladder extended to 70 feet at a 70-degree angle. The candidate will start at the level of the turntable, climb to the top of the ladder, touch the top rung, and return to the turntable. Haste is not required.

2 minute limit, pass/fail

7. **Charged Hose Drag**

A 100' section of 2 ½" hose charged at 100 psi pressure with nozzle attached is laid from a discharge port of an engine. The candidate must reposition the line to the opposite end of the engine. The test will end when the midline coupling passes the discharge port.

DIRECTIONS

The candidate will progress in order from station 1 through 7.

Each candidate will present a score sheet with signed “Waiver and Assumption of Risk” to the evaluator at each station and then wait to be called.

Each candidate will have two attempts at each station. If you pass the station on the first attempt, you will not be allowed to improve your score.

SAFETY TIPS

Back injury is a major affliction in the fire service. All lifting should be done utilizing proper lifting technique: from the squatting position with back erect and the legs doing the majority of work.

A rope belay and a safety belt will be provided during the aerial climb. If in doubt as to ability to continue climbing; clamp the safety belt into the ladder immediately.

Only two stations, the charged hose drag and the hose hoist, are timed and ranked in a competitive order and should be done as fast as possible. The other stations are strictly pass/fail and can generally be completed in the maximum time allotted without excessive and possibly unsafe haste. The two-minute time limit on the aerial climb is generous and haste is not required.